



INTEGRATED SPORTS TRAINING TRANSITION BASEBALL CAMP

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Welcome to the Westport Parks and Recreation and the ***Integrated Sports Training Transition Baseball Camp*** program. Under the guidance of former Tampa Bay Devil Ray, Glenn Katz, each player will have the opportunity to learn the rules of the big diamond with a focus on situational hitting, stealing and base running, cutoffs, bunt coverages, defense and pickoffs. Games will be played daily. Stretching, hitting, infield and outfield practice and drills, throwing, batting and basic base running are a few of the skills to be covered

GENERAL PROGRAM INFORMATION

The Integrated Sports Training Transition Baseball Camp is available to children, **ages 12 - 15**. This comprehensive program challenges campers to improve their batting and individual skills, experiment at new positions and gain actual game experience as part of a camp team. Glenn offers a professional staff with an 8:1 ratio of campers to staff.

TRANSITION BASEBALL CAMP:

- **August 2 – August 6** **8:45 am – 12:30 pm** **M-F** **Doubleday Field** **GK71**

RAIN DAYS

While this program is an outdoor program, on days of inclement weather, camp will be held at IST headquarters in Norwalk. If you think camp will be held indoors on any kind of rainy day, it is up to you to call the cancellation line at the Parks and Recreation Office, **341-5074** to find out if camp has been moved indoors.

EQUIPMENT

Attire for the camp should be shorts or sweatpants, T-shirt or sweatshirt and sneakers and socks. Cleats are recommended instead of sneakers but are optional and not mandatory. Each participant must bring their own glove. **A cooler packed with a snacks and drinks is also recommended.**

DROP OFF AND PICK UP

Please make sure you drop off and pick up your child at ***Doubleday Fields***. Staff will be available at 8:30 am to receive the children. The program begins promptly at 8:45 am. If you drop your child off after 8:45 am, you must walk them to the fields and find a coach to leave him with. Pick up is at 12:30 pm. Please park your car and walk to the field to pick up your child. Late pick-ups will not be tolerated and could result in your child be suspended from the program.

WHAT TO BRING TO CAMP

- Snacks and plenty of drinks
- Sunscreen and baseball hat to protect the participant from the sun.
- Baseball glove
- Cleats if you have them

GENERAL RULES

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal from the program with no refund.
- At the end of each day, please be sure to pick up all personal belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child before they attend camp.